



## **MEDIA RELEASE**

Wednesday 7 February 2007

### **FIREBIRD SWAPS BALL FOR BIKE**

Queensland Firebird Karen Clarke will take part in her first full triathlon at the Titanium Enterprises Caloundra Triathlon this Sunday at Golden Beach on the Sunshine Coast.

Star centre for the Firebirds got a taste of triathlon in round four of the Gatorade Queensland Tri Series when she took part in a team event and has caught the triathlon bug.

“A good friend introduced me to triathlon and I did the run leg in a team but enjoyed it so much I’m going to have a crack at doing the whole thing, it’s great cross training to compliment our hectic netball fitness regime,” said Clarke.

35-year-old Clarke is the most capped Firebird player and one of the most experienced in the team. She is strong, fast and keeps a cool head under pressure which is a great anchor for the team.

Clarke is also one of the fittest and has made the transition to triathlon like a duck to water.

“If only my swimming was that good – it’s probably my weak link, running would be my strongest so hopefully I can make up some time there,” said Clarke.

2006 saw the Firebirds reach the semi finals only to be beaten by just two goals at the hands of Melbourne Phoenix. In 2007 the Firebirds are looking to two better and win the grandfinal.

Firebirds coach Vicky Wilson has had the squad in training since early December on a home programme and started team training on January 29.

The Commonwealth Bank Trophy, Australia’s premier national netball competition heads into it’s eleventh season in 2007 with a number of exciting new developments. For the first time ever Grafton, NSW and Launceston, Tasmania will make their debut, hosting early rounds of the competition giving regional areas access to top level netball.

The Titanium Enterprises Caloundra Triathlon is the fifth round of the Gatorade Queensland Tri Series, featuring six races across South East Queensland. The Gatorade Queensland Tri Series is the state’s premier triathlon series and recognised nationally in terms of standard and competitor volume.

There are three different distances to choose from all aimed at participation. With such an inviting program the event is well placed to promote the sport to all segments of the triathlon and general sporting community.

**Distances:**

QTS Triathlon	400m swim / 15km cycle / 4km run
LOOK Enticer	200m swim / 5km cycle / 2km run
Kool Kids	100m swim / 2km cycle / 400m run

The **LOOK Enticer Triathlon** is the ideal distance for the novice to compete individually, be part of a team or just a fun way to spend a Sunday.

The program caters for the kids - **Kool Kids Triathlon**, with achievable short distances that any child could manage making it a fun experience.

**Saturday Schedule**

2:00pm	Gatorade Tri Clinics commence
2:15pm	Registration and Late Entries open
3:30pm	Gatorade Clinics finish
5:30pm	Registration and Late Entries close

**Sunday Schedule**

5:15am	Registration/Transition opens (cycle check in, numbering)
6:30am	Registration Closes
6:45am	Kool Kids Start
6:55am	LOOK Enticer Start
7:05am	QTS Triathlon Start

**Upcoming races in the series**

Race 5 11 February - Caloundra

Race 6 22 April - Raby Bay

Get into the fun of it this summer. Entries and detailed information available at [www.usmevents.com.au](http://www.usmevents.com.au) or for other enquiries phone (07) 5449 0711.



For further information or to arrange interviews or photographs contact Lisa Pringle on 0417 005 743  
lisa@usmevents.com.au    www.usmevents.com.au

